

SUNDAY 18th October 2020

Page 1 of 4

“BACK TO CHURCH” – AGAIN”

THE CEILING HAS BEEN REPAIRED AND DECLARED SAFE BY THE INSURANCE COMPANY SO WE WILL BE HAVING THE SERVICE BACK IN THE CHURCH.

WE ARE ALL NOW USED TO WORSHIPPING UNDER COVID-19 RESTRICTIONS BUT PLEASE REMIND YOURSELVES OF THE PROCEDURES ON PAGES 3 AND 4 RELATING TO ATTENDING CHURCH.

Please send contributions for future Pyramid Posts by mid-day on the Tuesday before the following Sunday. This will enable sanitised printed copies to be prepared in time.

(The Methodist Church’s “Home Services” can also still be accessed from our website)

Please let me know if you will not be attending church, don’t have e-mail and therefore wish to continue having a copy posted.

Philip Sandiford, Editor

TODAY: 10.30am Mrs. Lucy Brown

NEXT SERVICES:

**NEXT SUN 25th OCT 10.30am REV. ROSEMARY RICHTER
(HARVEST THEME)**

SUN 1st NOV 10.30am Mrs, Hannah de Bourcier

SUN 8th NOV 10.30am LOCAL ARRANGEMENT

**SUN 15th NOV 10.30am Rev. Philip Richter
(Possibly including Holy Communion)**

GARDEN PROJECT

Since all the brambles and weeds have been cleared from the garden, we now have a large plot lying empty outside the Vallins Hall just waiting to be made use of.

The plan is to plant some Daffodil bulbs now, so that we can enjoy them in the spring, both in the church and to give away to those who may need a bit of cheering up.

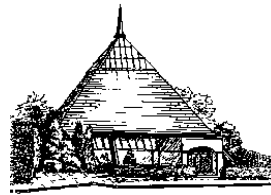
So I am asking all of us to donate a few daffodil bulbs or tulips if you like. I will leave a box in the church for you to put the bulbs in. I will then take them and plant them and hopefully in the spring we will have a “Host of Golden Daffodils”

Sue Hopper.

Minister – Rev. Rosemary Richter – 020 8647 1550

EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.

New contributions to be with the editor by mid-day on the Tuesday before each service



UPCOMING BIRTHDAYS

Mary Telfer – 17th Nov

BEAVERS COME BACK WITH A BANG!

After a few weeks off to recover from our summer of zoom, we ran our first Beavers session of the autumn term this week.

It was so lovely to see the children back again; mostly looking the same, but some were visibly taller, others more confident and a couple were sporting new haircuts.

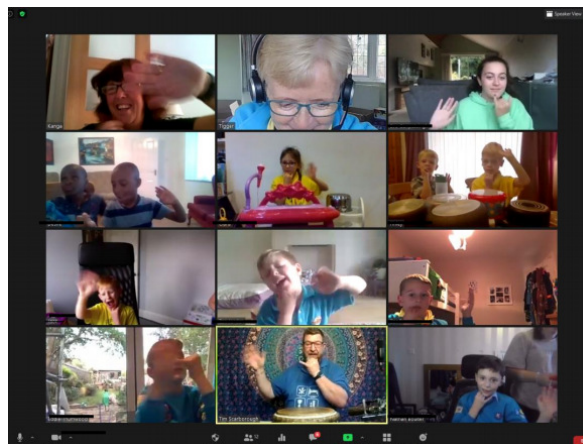
We played some games to kick off the session, but the main event was a drumming lesson led by professional drummer Tim Scarborough of Rhythmicity. We were all prepared with saucepans, wooden spoons, an authentic set of bongos, a couple of pianos and some homemade shakers.

Tim guided us through various drum and shaker riffs and showed us how to build rhythms around phrases such as “I like fish and chips” and “Weetabix and buttered toast”. He also told us a few interesting facts about drums. In particular, that many African countries have a very different approach to music and dancing versus the rest of the world. In Europe, we are all used to hearing the music and getting up to dance (broadly J) in time to what’s being played. In many African countries, it works the other way round.....people get up and dance and it’s up to the drummers to follow their lead and beat out a suitable rhythm.

I’m not sure we all played exactly the same rhythms at exactly the same time (I blame internet delays), but we all had a great time. And Tim achieved the near impossible – he successfully taught the Beavers how to all stop and be quiet on his signal.

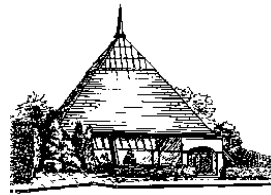
And I learned how to spell rhythm (I think!)

**Tigger,
AKA Liz Batten
Beaver Scout Leader**



Minister – Rev. Rosemary Richter – 020 8647 1550

**EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service**



FOODBANK UPDATE:

The latest news from Foodbank HQ

We are still feeding record numbers of people. We hit a high in July this year of 1,267 people fed and In July 2019 we fed 446.

Sadly, we don't see these numbers falling anytime soon. Each week we are consistently feeding around 250-300 people, many of them families.

We manage this by doing around 9-10 deliveries per day, all carried out by volunteer driving teams.

Food boxes are packed at our depot, by volunteer packing teams and we are still including fresh fruit and vegetables as well as long life food and toiletries in our parcels.

Our urgently needed list is long, please only donate items from the list. We have surplus of all other items.

If you would prefer to make a financial donation you can do so on line by searching Epsom & Ewell Foodbank and using the Donate button. Our costs have hugely increased, as much as the demand for our services.

The latest "Wish List" is as follows:

Long life fruit juice, Long life sponge puddings, Coffee,
Tinned spaghetti in sauce, Tinned Fruit, Sweetcorn, Tinned Veg,
Pasta / Beans with meat, Tinned Meat (NOT spam), Squash, Custard,
Jam, Shower Gel, Cleaning products, Cereal (NOT porridge), Microwave Rice,
Rice Pudding, UHT milk (full fat or semi skimmed) Children's treats - chocolate etc,
Small packs of tea bags.

I can be contacted on 01737 356201 or 07753 236115 if you would like me to collect items

There are also Food Bank bins in most of the major supermarkets if you just want to pop a tin or two in. These are emptied regularly.

Thank you as ever, for your support.

Janice Barber

COVID-19 PRECAUTIONS

If you have any symptoms of Covid-19, please do not come to the services

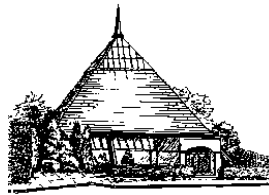
Bring a mask: face coverings became mandatory in communal indoor spaces from the 8th August.

There are some circumstances where people are not expected to wear face coverings.

Please be respectful, noting that some people are less well able to wear face coverings, and that the reasons for this may not be visible to others.

Minister – Rev. Rosemary Richter – 020 8647 1550

**EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service**



SUNDAY 18th October 2020

Page 4 of 4

The Church will be heated, but well-ventilated with doors and windows open, so please come prepared if you feel the cold or are concerned there may be a draught.

Please remember to allow more time to get into the service as entrance will be staggered to allow for social distancing

On entering the building, please sanitise your hands: sanitiser pumps will be available if you haven't brought your own sanitiser.

Bring your own water if you feel you might need it.

There will be a steward available near the door ready to offer (socially-distanced) help and advice.

Your presence will be recorded for Track and Trace purposes. If you do not consent to this, please make this known as you enter. The information will be destroyed after three weeks.

Chairs will be arranged singly and in groups. If you have come alone, please sit on a single seat, leaving the groups of chairs for people from the same household/bubble.

Please make your way to a seat straightaway. **Do not change seats**

Only the vestry toilet will be open for emergencies only. If you need to use it please clean it before and after use. Put used wipes in the bin provided. If you have to wait please do so social distancing

You are invited to drop your offering into the marked box near the door, either as you enter or as you leave (the offering will not be presented during the service).

The service will be shorter than usual (30 – 45 minutes).

Congregational singing is not allowed, music may be provided by an organist, pianist or CD

Speak quietly when making any responses.

After the service

Refreshments will not be served

Please leave when directed to by a Steward and observe social distancing. Do not remain in the hall to chat.

Please take away with you any copies of Service Sheets and the Pyramid Post that you have handled

Once outside the church observe Government guidelines for meeting people.

We will review things week by week, and this information will be updated as necessary. We are not holding communion services yet; we will do so when we feel it can be done safely.

Minister – Rev. Rosemary Richter – 020 8647 1550

EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.

New contributions to be with the editor by mid-day on the Tuesday before each service